



# County of Fresno

ADVISORY BOARDS AND COMMISSIONS

## **FRESNO COUNTY BEHAVIORAL HEALTH BOARD**

Wednesday, April 18, 2018 at 2:30 PM

Blue Sky Wellness Center

1617 E Saginaw Way - Fresno, CA 93704

### **Minutes**

<p><u>MEMBERS PRESENT</u></p> <p>Carolyn Evans Francine Farber Marta Obler Katie Lynn Rice Renee Stilson Curt Thornton David Thorne Donald VanDerheyden</p> <p><u>MEMBERS ABSENT</u></p> <p>David Weber</p> <p><u>BOARD OF SUPERVISORS</u></p> <p>Sal Quintero (absent)</p>	<p><u>BEHAVIORAL HEALTH</u></p> <p>Susan Holt Jonathan Halverstadt</p> <p><u>PUBLIC MEMBERS</u></p> <p>Christina Alejo Rao Yang Rondy Early Packard, Jr. Karina Hernandez Rosio Laguna Yesenia Avianeda Stan Lum Elizabeth Escoto Mitch Collins Mary Morrison Claudia Soria Delgado</p>	<p><u>PUBLIC MEMBERS –</u> <u>Continued</u></p> <p>Jose Manjarrez Alicia T. Trish Small Trina Frazier C. Cook</p>
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#### **I. Welcome**

##### **A. Opening Remarks**

The meeting began at 2:30 PM. Chair Carolyn Evans announced the recent resignation of Behavioral Health Board (BHB) Member Anna Allen. Carolyn encouraged individuals interested in serving on the BHB to complete an application, which can be found on the county website.

##### **B. Success Story – Music Wellness Group**

Hiromi Bacon introduced the Music Wellness Group. The group meets on Mondays; they practice and / or perform for 90 minutes. The class helps develop coping, social and communication skills, and can be therapeutic and offer healing for participants. The group is comprised of consumers and staff. Performing at the BHB meeting were consumers Hector and Robert, as well as staff Heromi, Tom Burkett and Raquel Rodriguez-Campos. Songs performed, “Heart Beat”,

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“Mindfulness Drum”, “Walking with the Elder”, and “Alone Wolf”.

#### C. Lipton Award from League of Women Voters

On behalf of the League of Women Voters, Francine Farber announced that Curt Thornton will receive this year’s Lipton Award. He will be recognized for his years of service as a volunteer; he has actively volunteered for approximately 16 years. Curt will receive the award during the League of Women Voters meeting on April 27<sup>th</sup>. Curt stated he is receiving the award on behalf of all who volunteer in some way related to mental health.

### II. Approval of Agenda by Board

Agenda approved as written.

### III. Approval of Minutes from February 21, 2018 and March 21, 2018

Last month the BHB agreed to carry over the February 21<sup>st</sup> minutes for further review. Minutes from February 21<sup>st</sup> and March 21<sup>st</sup> were approved.

### IV. Update – Department of Behavioral Health – Deputy Director Susan Holt

#### Contracts

Upcoming contracts include the Physician Coverage that will go before the Board of Supervisors (BOS) on May 1, 2018. The coverage will allow the Behavioral Health Department to utilize Central California Faculty Medical Group (CCFMG). By collaborating with CCFMG, they can leverage benefits of both departments better than either can on its own. DBH struggles to recruit and retain psychiatrists; as, CCFMG also struggles to recruit faculty for its teaching programming. The idea is to draw in more individuals to study and practice in the community.

Currently the department utilizes psychiatric residents; the contract will allow for expansion of those services. Expansion gives operations of physician services to CCFMG; they will recruit, hire and supervise residents.

Susan reported on the contract with the Fresno County Superintendent of Schools (FCSS). The five-year contract / plan is for every child in school to have access to a Mental Health Clinician available at their school site or ability to make home visit. The department recognizes there may not be enough clinicians; however, by collaborating and developing innovative strategies to serve the community, the department hopes to develop a workforce in the community to do this work.

#### Legislative Update

WET (Workforce Education and Training) Funding Extension

There is a lot of legislation proposed that could affect Mental Health Services, including the WET funding. As workforce is a current challenge, the hope is that WET funds will extend dedicated dollars to grow the workforce for community mental health.

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SB 906

Calls for the certification to establish statewide peer, parent, transition-age, and family support specialist certification programs. California Behavioral Health Director's Association is in support of this bill.

AB 1971 Mental Health Services: Involuntary Detention: Gravely DisabledSB 1045 Conservatorship: Chronic Homelessness

Two different pieces of proposed legislation, one from San Francisco (SB 1045) and one from Los Angeles (AB 1971), in preparation to address homelessness issues. Both communities are experiencing and overwhelmed with homelessness. They are proposing to amend the 5150 statute.

AB 1971 - The proposed legislation would allow extending the definition of grave disability for an involuntary hold, to persons who are a danger to themselves or others; unable make appropriate use of clothing or shelter or seek medical care for chronic serious medical condition.

SB 1045 – Generated in response to homeless crisis. This would allow counties to elect to establish a procedure to appoint a conservator for persons who are chronically homeless, who are unable to care for their own health and wellness.

The department and CBHDA is watching closely, no opinion or support until there is more information.

**A. Update on Drug Medi-Cal Redesign**

The Drug Medi-Cal Organized Delivery System Implementation Plan (DMC-ODS) (IP) is a waiver that California entered with the Federal Government to test different strategies for delivering substance use disorder treatment services, in a fashion similar to mental health services and a more adequate fee structure. The counties desiring to participate had to opt-in. Fresno County submitted the DMC-ODS Implementation Plan in May 2017; the DMC-ODS Fiscal Plan was submitted in October 2017. Plans were approved by the Department of Health Care Services, and the Federal Center for Medicaid and Medicare Services (CMS) approved both the IP and Fiscal Plan in December 2017.

The Waiver ramp-up includes workgroup meetings, where they will develop new tools, processes, and policies, and to identify and implement various training requirements. IT is working on transitioning Substance Abuse Information System (SAIS) data to Avatar. DHCS will conduct a readiness review in June 2018. The review is to ensure the IP is followed as written; feedback will be provided. The go-live date is October 2018.

The DMC-ODS waiver allows for billing to Medicaid for services in residential treatment facilities with more than 16 beds, thus not having to follow the IMD

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exclusion. It also infuses case management; previously it was not considered a billable service. Individuals can also be assessed through the American Society of Addiction Medicine (ASAM) tool. The waiver also has significant requirements for quality improvement.

**B. Outcomes: Holistic Cultural and Education Wellness Center (HCEWC)**  
Holistic Cultural and Education Wellness Center (Holistic Center)

The program, which started in June 2012, began as an innovations funding program. The budget for this program is small compared to other programs, just over \$800,000. The center provides culture and wellness-based activities such as dancing, meditating, sewing, weaving, beading, physical health, and many other activities. The activities are driven by individuals and cultural needs; they are intended to aid recovery by complementing traditional mental health treatment methods.

The target population is traditionally unserved or underserved groups, such as Hmong, Veterans, African American, as well as new mothers, non-heterosexual, and those who may be experiencing mental health issues such as depression or anxiety. The staff is diverse, representing the served cultural groups.

Through stakeholder input, the new contract was expanded to include new moms and veterans. In the first year, the outreach to veterans has increased not just for the Holistic Center, but other service providers.

Through the contract, the HCEWC is contractually required to provide learning goals and objectives for each goal.

- 1) Gain better understanding of alternative / holistic treatment
  - a. Provide mind / spirit activities related to alternative healing practices that focus on holistic approaches.
  - b. Provide education related to behavioral health and physical health science integration.
  - c. Provide educational activities, such as webinars, as it relates to holistic approaches to wellness and recovery.
  
- 2) Monitor and track the success of the alternative wellness and recovery practices by collaborating with alternative / holistic practitioners and those individuals that seek alternative / holistic treatment methods.
  - a. Identify and recruit diverse alternative / holistic practitioners that will engage in the HCEWC activities.
  - b. Develop a list of alternative / non-traditional practitioners (complementary healers in directory).
  - c. Cultural Brokers will refer / link client clients to both traditional and non-traditional mental health services.

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- 3) Community awareness of mental illness, understanding the signs and symptoms to reduce the stigma of mental health illness.
  - a. Conduct Mental Health First Aide Training classes / certification.
  - b. Cultural Brokers will conduct outreach to the underserved / unserved communities in Fresno.

Complementary healing practice is anything that a person may identify as being helpful to their healing process. The application process was created by an advisory group, which included DBH staff, HCEWC staff, and healers. Policies and procedures established were approved by DBH; background checks and finger printing is part of the process. The application is reviewed and the committee makes its recommendations. The county does not contract with alternative / complimentary healers nor provide funding. HCEWC does not refer directly; however, they provide a directory that lists alternative / complementary healers that have successfully completed the process.

Measures not contractually mandated by HCEWC, were inadvertently included in the Mental Health Services Act Plan. Some of the measures include:

- Satisfaction of services
- Identifying cultural and linguistic barriers to the behavioral health system
- Increased Participation in behavioral health services
- Overcoming cultural-based stigmas related to mental illness
- 92% reporting they agree / strongly agree that they had favorable impact in their general health and over all well-being

Notable outcomes include surveys that reflect a favorable mental health gains and participation; Hmong Parent Empowerment Base and Zumba – both are at capacity and continue to grow.

Next steps include seeking additional space for larger activities.

## **V. Old Business**

### **A. Report on Site Visit to HCEWC**

Renee Stilson stated the site visit was interesting; they received information mirroring what Susan reported on. It serves as a link to underserved and unserved population.

Donald Vanderheyden added that the program seems to provide something for everyone in his or her own recovery. He appreciated the various services, particularly those for veterans. David Thorne stated it is very helpful to those receiving services, helps to bring them out of their shells.

### **B. Letter in Support of SB 906**

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Carolyn reported that a draft letter from CBHDA was used as framework to send a letter to legislators. Curt Thornton also drafted a letter to be shared with local government and state representatives. The Bill recently passed from the Health Committee and sent to appropriations. Francine made a motion to use both letters, sending to the appropriate individuals. Motion approved.

### **C. Visits with Board of Supervisors**

Tina will do additional follow-up with BOS members to address goals and recommendations for 2018.

Carolyn recently attended a BOS meeting, where she advised them of the need for more members. She asked members to try to attend BOS meetings; if attending please notify Carolyn which meeting date. Katie Rice will attend on May 1<sup>st</sup> for the Mental Health Awareness Month proclamation.

### **D. Community Outreach and Forums—Sanger, May 12<sup>th</sup>; Fresno June 14<sup>th</sup>**

Due to Anna Allen's recent resignation, the forum scheduled for May 12<sup>th</sup> in Sanger will not be held.

A forum has been scheduled for June 14<sup>th</sup> at the Bette Rodriguez Library from 5:30 PM – 7:00 PM. Flyers will be available at the May BHB meeting.

### **E. BHB Training**

As previously discussed, Susan Wilson will come to Fresno to provide training to the BHB. The majority of the day will spent on training topics requested by the BHB. The training is scheduled for Saturday, June 2<sup>nd</sup> from 9:00 AM to 2:00 PM, location to be announced.

## **VI. New Business**

### **A. Future Site Visits**

WestCare Inpatient SUD treatment program will be the site to visit in May. Suggestions for future site visits include the Renaissance and Exodus PHF.

### **B. Election of Officers**

Election of Officers:

- Katie Rice – Vice Chair
- Francine Farber – Secretary

Public comment held.

Members voted on a slate; motion approved.

### **C. Discuss meeting time change / alternative options**

Periodically the subject of meeting times is discussed and considered as a way

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to possibly increase recruitment and attendance by community members. However, a majority of members prefer the current time due to schedules. The subject may be approached at a future meeting, possibly after the June 2nd training.

## **VII. Committee Reports**

### **A. Adult Services**

The scheduled speaker was unable to attend. Providers that were in attendance discussed their programs and community matters. The topic that was of most concern is dealing with individuals with mental illness and developmental disabilities, which is a co-occurring condition. Neither Central Valley Regional Center nor DBH are equipped to serve. A participant, provided a briefing from the National Association of Mental Health Program Directors that outlines a plan to serve these individuals. The Adult Services Committee would like to hear from DBH in response to this and a plan for serving this population.

### **B. Children's Services**

The committee will meet on April 26<sup>th</sup>; topics will include the Department of Social Services procedures and timeliness for referrals of children under the Katie A lawsuit agreement.

### **C. Justice Services**

Next meeting is scheduled for May 14<sup>th</sup> at 1:30 PM.

### **D. Ad Hoc Committee on Expansion of Lock-It-Up-Program**

Curt is unable to pursue at this time. Item may be brought back for future discussion and / or action.

### **E. Housing Task Force**

The task force met on March 28<sup>th</sup>. The Corporation for Supportive Housing did a review and assessment, the report will be provided in April or May 2018.

Francine reported that the Housing Authority is accepting applications during a two week period for Section 8 housing. Consumers are encouraged to enter the lottery for the housing. The Housing Authority is working on a project with DBH for 600 additional vouchers. DBH Executive members have attended the Mayor's meetings to discuss plans; there is a lot of focus on permanent supportive housing.

### **F. Other reports or announcements**

Centro La Familia is having a Mental Health Service Awareness day on Saturday, May 12<sup>th</sup>.

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NAMI walk is scheduled for Saturday, May 5th at Woodward Park.

HEWC will be hosting various activities for Mental Health Awareness Month during May.

**VIII. Public Comment** *(Any person wishing to address the Board will be limited to 5 minutes or less according to the time available and the number of those wishing to address the Board)*

Held / none received.

**IX. Adjournment**

Meeting adjourned at 4:18 PM. Next meeting scheduled for Wednesday, May 16, 2018 at the Blue Sky Wellness Center.

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3133 N. Millbrook Ave., Fresno, California 93703

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